Aspects of Substance Abuse Seminar 1

ADAPT Program

59 MDW

So Why Talk To Me About This Alcoholism Stuff?

- An ounce of prevention is worth a pound of cure
- What you *don't* know can hurt or kill you!

Alcoholism is a primary, chronic, disease with genetic, psychosocial, and environmental factors influencing its development and

The disease is often progressive and fatal.

It is characterized by continuous or periodic: impaired control over drinking, preoccupation with the drug alcohol, use of alcohol despite adverse consequences, and distortions in thinking, most notably denial

“Primary”:

- Alcoholism as an addiction is not a symptom of an underlying disease state
- Alcoholism is a disease state separate from and in addition to any other pathological states that may be present with it

"Disease"

- **Means an *involuntary* disability**
- **Specific stages & symptoms in the progression of the illness**
- ***NOT*** **a sin, moral weakness, lack of character, lack of willpower, a crime, or the same for all people**

"Often Progressive & Fatal"

- Over time the physical, emotional, social, & spiritual changes get progressively worse
- Alcoholism causes premature death by overdose, organic complications involving the brain, liver, heart, and many other organs. Contributes to suicide, homicide, traumatic events, & car wrecks

"Impaired Control"

- **Inability to limit alcohol use or to consistently limit on any drinking occasion the duration of the episode, the quantity consumed, and/or the behavioral consequences of drinking**
- **Can you *reliably* predict what will be the outcome of your drinking 100% of the time?**

"Adverse Consequences"

- Physical Health
- Psychological functioning
- Interpersonal functioning
- Occupational functioning
- Legal problems
- Financial problems
- Spiritual problems

“Denial”

- **Mental maneuvers designed to reduce the awareness of the fact that alcohol use is the cause of an individual’s problems rather than a solution to those problems. Denial becomes an integral part of the disease and a major obstacle to recovery.**

Alcohol is a Drug

- Central nervous system depressant
- Similar effects to that of Valium or Morphine
- Alcohol depresses or shuts down brain function
- Low levels dis-inhibit – giddy, silly
- High levels can cause coma or death

Alcohol Is a Mood-Altering Drug

- So why do we drink?
- *To alter our mood!*

Effects on the Body

- **1 drink**: BAL = **0.02** – relaxed
- **2½ drinks**: BAL = **0.05** – may be loud & dis-inhibited, decreased coordination
- **5 drinks**: BAL = **0.10** – at or beyond legally drunk, NO judgment, staggering, slurred speech
- **10 drinks**: BAL = **0.20** – emotions erratic, memory loss, confusion
- **20 drinks**: Coma & possibly DEATH BAL **0.40 – 0.50** = coma / BAL **0.60** = death

Factors Affecting Absorption and Effects of Alcohol

- Size: the more you weigh, the lower the concentration
- Sex: Men have more of the enzyme that breaks down alcohol
- Ethnicity: varies from race to race
- How quickly consumed
- Other drugs on board
- Food eaten
- Dehydration
- Proof of the alcohol

Physical Dependence

1. Begins drinking (various reasons)
2. Immediate relief: Drinking reinforced
3. Begins to develop tolerance
4. Begins to drink more to continue to gain relief
5. Body gets used to having alcohol
6. Need to maintain drinking to avoid withdrawal (feel normal)

Psychological Dependence

- "Drunk" is a CNS manifestation
- Chronic alcohol use has impact
  - Decreases levels of GABA
  - Hastens breakdown of norepinephrine (fight or flight)
  - Depresses overall activity of Seratonin leading to depression, anxiety, aggressiveness, suicidality, & poor impulse control

Psychological Dependence

- Perception of the user that the effects of the chemical are necessary to maintain an optimal state of well being
  - –Mild cravings
  - –Preoccupation
  - –Compulsion

Withdrawal Stages

- **Stage 1: shakes, jitters, nausea, vomiting, loss of appetite, disoriented**
- **Stage 2: Perceptual distortions, auditory, tactile, & visual hallucinations**
- **Stage 3: Grand Mal full body seizures**
- **Stage 4: Delirium Tremens or “DT’s” profound confusion, disorientation, & all above symptoms but more severe – 15% fatality rate**

Short Term Effects of Alcohol

- Approximately 30% of all hospital admissions are directly or indirectly related to the effects of alcohol
- Short term effects usually associated with increased risk taking & poor judgment – fights, accidents, injuries, STD's, overdose, & stomach and liver injury

Long Term Effects of Alcohol

- ***ALL*** **organ systems impacted by long term use of alcohol**
- **Studies show 1 to 2 drinks per day can be beneficial to the heart**
- **Studies also show more than moderate drinking causes significant damage that far outweighs any benefits gained**

Common Paths to Alcoholism

1. Stress (trauma & loss)
2. Chronic Exposure
3. Genetics

- **Alcoholism is a disease!**
- **If you choose to drink, then you must drink responsibly to reduce the chances developing alcoholism.**
- **If you have the disease of**

Safe, Social Drinking:

- **Male = 1 to 2 drinks, never more than 3**
- **Female = 0 to 1 drinks, never more than 2**
- **4 drinks at one time is a *BINGE*!**

Einstein Said:

- The difference between genius and stupidity is that genius knows its limits.

Thank you for your time & attention.

Any Questions?